

Regular Line

	BREAKFAST	LUNCH	DINNER
T H U R S	Donuts/Assorted Muffins Cinnamon Rolls Oatmeal/Grits Eggs to Order Scrambled Eggs /Hardboiled Eggs Sausage Link Scrapple Apple Pancakes Biscuit/ Country Gravy	French Onion Soup Cream of Tomato Soup Black History Lunch Fried Chicken BBQ Ribs Black Eyed Peas w Rice Turnip Greens Corn On The Cob Country Corn Bread Strawberry Short Cake	Cream of Tomato Soup French Onion Soup Fried Fish Potato Salad Sauteed Cabbage California Blend Vegetables Ciabatta Bread
F R I	Donuts/Assorted Muffins Assorted Danish Oatmeal/ Cream of Wheat Eggs to Order Scrambled Eggs /Hardboiled Eggs Creamed Ground Beef Home Fries Biscuit/ Country Gravy	Chill Bean Soup Chicken Tortilla Soup Liver & Onions with Gravy Seasoned Baked Fish Baby Lima Beans w Rice Cauliflower Au gratin Baby Carrots Hushpuppies	Chill Bean Soup Chicken Tortilla Soup Shrimp Salad w Croissants Steak Cut Fries Creamed Asparagus Tips Wheatberry Spinach Salad White / Wheat Sliced Bread
S A T	Donuts/Assorted Muffins Assorted Coffee Cakes Oatmeal/Grits Eggs to Order Scrambled Eggs /Hardboiled Eggs Corned Beef Hash O'Brian Potatoes Biscuit/ Country Gravy	Italian Wedding Soup Corn Chowder Ham Salad Ground Meat In Tomato Sauce Spaghetti Italian Green Beans Sauteed Okra Garlic Bread	Italian Wedding Soup Corn Chowder Orange Chicken Steamed White Rice Sugar Snap Peas Mixed Vegetables Panini Roll
S U N	Donuts/Assorted Muffins Cinnamon Rolls Oatmeal/Grits Eggs to Order Scrambled Eggs /Hardboiled Eggs Grilled Ham Pineapple Belgian waffles Biscuit/ Country Gravy	Cream Of Potato Soup Knickerbockers Soup Turkey Salad Pepper Steak Steamed White Rice Sauteed Squash Spinach French Roll	Cream Of Potato Soup Knickerbockers Soup Fried Shrimp/Cocktail Sauce Baked Potato w Sour Cream & Butter Whole Green Beans Whole Kernel Corn Dinner Roll

DESSERTS

Thurs: Yellow Cake w White Icing	Sponge Cake w Mandarin Orange
Fri: Peach Pie	NSA Peach Pie
Sat: Banana Cake	NSA Vanilla Pudding
Sun Brownie	Tropical Fruit Cup

DAILY SHORT ORDER LINE

Grilled Hamburger
Grilled Hotdog (M,T,Th,F,S,Su)
Grilled Chicken Breast

Diet Line Menu CYCLE #1 – Week of : [Master Menu —\[10-2012\]](#)

BREAKFAST		LUNCH	DINNER
T H U R	Oatmeal/Grits Scrambled Eggbeaters Hardboiled Eggs Turkey Sausage Link Biscuit/DL Breakfast Gravy	DL French Onion Soup DL Seasoned Baked Chicken DL Baked Potato w Sour Cream DL Broccoli Florets DL Beets	DL French Onion Soup DL Vegetable Cutlet w Marinara Noodles DL Cabbage DL California Blend Vegetables
F R I	Oatmeal/ Cream of Wheat Scrambled Eggbeaters Hardboiled Eggs DL Creamed Ground Beef Biscuit/DL Breakfast Gravy	DL Chicken Tortilla Soup DL Seasoned Baked Fish DL Baby Lima Beans w Rice DL Cauliflower Au gratin DL Baby Carrots	DL Chicken Tortilla Soup DL Shrimp Salad On Crown Roll Baked Chips DL Asparagus Tips Wheatberry Spinach Salad
S A T	Oatmeal/ Grits Scrambled Eggbeaters Hardboiled Eggs Turkey Bacon O’Brian Potatoes Biscuit/DL Breakfast Gravy	DL Corn Chowder DL Marinara Sauce w/ Spaghetti DL Italian Green Beans DL Sauteed Okra DL Garlic Bread	DL Corn Chowder Lemon Pepper Chicken Tenders Yellow Rice DL Sugar Snap Peas DL Mixed Vegetables Panini Roll
S U N	Oatmeal/ Grits Scrambled Eggbeaters Hardboiled Eggs Grilled Ham –LF /LS Biscuit/DL Breakfast Gravy	DL Knickerbockers Soup DL Pepper Steak ‘n DL Gravy Steamed White Rice DL Sauteed Squash DL Spinach	DL Knickerbockers Soup DL Sauteed Shrimp Baked Potato w Sour Cream & Butter DL Whole Green Beans DL Whole Kernel Corn

BREAKFAST STANDARD MENU ITEMS

Prunes, Bagel, English Muffin, Syrup, SF Syrup, Bananas, Grapefruit Sections, Fruit Deluxe, Applesauce, Cream Cheese

STANDARD MENU ITEMS ALL MEALS

Asst Bread, Asst Dry Cereal, Asst Juice, Asst Milk, Asst Beverages, Coffee, Decaf Coffee, Tea, Tea Bags, Butter, Margarine, Sugar, Sugar Substitute, Salt Pepper, Asst Condiments

STANDARD SALAD BAR ITEMS FOR LUNCH/ DINNER

Lettuce garnished w/romaine leaves, Cherry Tomatoes, Cucumbers, Sliced Onions, Celery Sticks, Sliced Pickles, Carrot Sticks, Shredded Cheese, Coleslaw, Bacon Bits, Sliced Beets, Sliced Peppers, Broccoli Florets, Green Olives, Jalapeno Peppers, Sugar Free Jello

STANDARD SALAD DRESSINGS

Bleu Cheese, Catalina French, Ranch, Thousand Island, Fat Free Italian, Balsamic Vinegar, White Vinegar, Olive Oil

DAILY SALAD BAR ROTATION

Thurs: Pineapple Slices, German Tomato Salad
Fri: Apricot Halves, Three Beans Salad
Sat: Mandarin Oranges, Pasta Salad
Sun: Fruit Cocktail, Carrot & Cranberry Sc